

“Your life is not a problem to be solved but a gift to be opened. All healing requires gentleness, attention, and care. But keep in mind that you need not repair, reconstruct, or remake yourself into someone else. Your practice is simply to reawaken what is already wise and strong, to claim what is deep and true within you, to rediscover your own intuition, to find your inner balance, and to reaffirm your intrinsic wholeness in the eyes of God.”

—Wayne Muller, *Legacy of the Heart:  
The Spiritual Advantages  
of a Painful Childhood*

“It is good to have an end to journey towards, but it is the journey that matters in the end.”

—Ursula LeGuin

### *Psychological Crises*

Always call 911 if there are serious medical concerns or any risk to people or property. Please seek help from PTS security staff, especially after hours, at 609.273.9727 (main campus) or 609.273.9726 (CRW).

During business hours, call or come to Scheide Hall and let Ms. Heyer know there is a crisis. After hours, call Security. A security officer will come to the person in crisis, contact the director of student counseling or one of the administrators on the Psychological Crisis Response Team, and may help with transportation. Individuals can also go directly to the Emergency Room of the University Medical Center at Princeton, or call Princeton House, the hospital's psychiatric branch, at 609.497.3355. Crisis hotlines (24 hours) can be reached at 609.896.2120, or 4434, and 609.585.2244. Princeton Borough Police can be reached at 609.924.4141.

### *Confidentiality*

Information shared in counseling is confidential. In the rare event that injury to self or to others is an “imminent danger,” a therapist must take appropriate steps to ensure safety, which may require breaking confidence.

### *Additional Resources*

Links on the Student Counseling web page will connect you to helplines, confidential mental health screenings, descriptions of groups and seminars, assessment tools, and a range of mental health resources including the Scheide Hall Lending Library of CDs and books to help even those not in counseling gain perspective and tips for addressing behavioral, mental health, or relational challenges.

This brochure reflects current practices, but fees may be subject to change.

# Student Counseling

at  
Princeton Theological Seminary  
2010–2011



*Sifting life's sand,  
finding God's grace...*

## On-Campus Counseling

### *Counseling Services*

Counseling for students, spouses, and couples is available in Scheide Hall (a handicapped-accessible building) with the Reverend Nancy Schongalla-Bowman, director of student counseling, or a contract counselor. Two free sessions facilitate referrals and crisis management, and if counseling continues on campus, the student's account is billed \$10 for ten subsequent sessions. Access to ongoing counseling on campus is not guaranteed, but beyond ten sessions, the fee rises incrementally to cap at \$25. No one will be denied services for lack of funds. Most sessions last 45–50 minutes.

To schedule a session, come to Scheide Hall and complete intake sheets on the table next to the reception window. If you have questions or need to reschedule an appointment, please email [nancy.schongalla@ptsem.edu](mailto:nancy.schongalla@ptsem.edu) or call 609.497.7844. For more information, see the Student Health Program brochure and the counseling web page on the student services portal.

### *Student Counseling Staff*

The Reverend Nancy Schongalla-Bowman has provided pastoral counseling, seminars, and support groups at Princeton Seminary since 1995. She is a supervisor in the American Association for Marriage and Family Therapy and a 1979 PTS alumna. PTS is blessed to have two excellent part-time counselors, Laura Benton, a marriage and family therapist, and Whitney Ross, a psychologist.

### *Issues*

Many issues prompt a desire for counseling, including stress, loss, anxiety, depression, sexuality, relationship challenges, career or call concerns, self-worth, family of origin issues, sexual orientation, abuse, and compulsive habits. One need not be in crisis to benefit from counseling or spiritual direction.

## Off-Campus Counseling

### *Trinity Counseling Service*

Trinity Counseling Service (TCS) at 22 Stockton Street (609.924.0060) provides counseling for individuals, couples, and families. Trinity has evening hours and a diverse staff, including clergy. Students or couples are eligible for up to 10 counseling sessions with a \$10 copayment, subsidized by the comprehensive fee while enrolled at PTS. PTS never sees names of counselees. For sessions beyond 10, TCS bills the student's insurance company and the student is responsible for the counseling copayment specified in their plan. The copayment for those in the SHBP is \$25. Students on the Student Health Benefit Plan (SHBP) have an additional 24 sessions/year beyond the first 10 sessions. Spouses and children are not eligible for Seminary-subsidized counseling, but TCS works with all insurance companies and has a sliding scale.

A referral to Trinity from the Office of Student Counseling is not required but may be helpful. When calling TCS for a first session, identify yourself as a PTS student. A student must be seen for counseling at Trinity to access Trinity's psychiatric services. Princeton Primary and Urgent Care may provide prescription renewals for those whose medication is very stable.

### *Specialty Counseling In-Network Providers*

While TCS is the Seminary's primary in-network provider, students and spouses enrolled in the Student Health Benefit Plan have access to a large, additional pool of mental health specialists in the Princeton area, by referral through the Office of Student Counseling. These counselors have expertise in a variety of therapeutic approaches and specialized training for working with many different issues. Some are also ordained, and the group is ethnically diverse.

The SHBP-covered student or spouse pays a \$25 copayment. There is no session limit for biologically based mental health conditions, and a 24-session annual limit for non-biologically based conditions. All terms and conditions for the SHBP are governed by the SHBP 2010–2011 Plan Document.

## Additional Avenues for Formation

### *Individual Spiritual Direction*

Individual spiritual direction is available for students and spouses on and off campus. While there is an overlap between counseling and spiritual direction, monthly direction sessions focus on listening for God in all aspects of life. Directees often address discernment of call, how they sense God's presence (or absence), and issues of grace and forgiveness. They may enjoy a period of silence or explore new spiritual practices. Details and lists of directors are available in the offices of the chapel, student counseling, field education, student relations, and multicultural relations. Participants in the Student Health Benefit Plan have a co-pay of \$10–15/session and need a referral. Those not enrolled in the plan pay about \$25/session.

### *Covenant Groups for Faith Formation and Support Groups*

Personal growth and spiritual direction groups offer a unique formation experience for students and spouses. Covenant groups led by facilitators trained in spiritual direction are organized through the Chapel Office at 609.497.7890. These meet every other week for a semester. Support, relationship enrichment, parenting, and psychotherapy groups are coordinated by the Office of Student Counseling as needs arise. There is a minimal copayment of \$5–7 per session for groups with outside facilitators.

### *Seminars and Retreats*

The Office of Student Counseling organizes workshops, seminars, and retreats on topics such as stress management, relationship enrichment, the Prepare/Enrich and Enneagram tools, mental health and wellness, and spiritual practices. Most years this office oversees a holistic health fair.